



# The Prospector

Sitka Pioneers' Home

October 2017

Vol.37 No.10

## *Resident Birthdays*

*Winifred Bailey* 10-02

*Ron VanGeystel* 10-21

*George Trani* 10-25

*Doris Fox* 10-26

## *Staff Birthdays*

*Isa Ramil* 10-21

*Skye Workman* 10-21

*Elvira Matalang* 10-25

*Marchelle Rodrigo* 10-25

*We will celebrate October birthdays  
at the Home Happenings celebration  
on Friday, October 27th.*



## **Scuttlebutt...**

Brian Weddell has dedicated 30 years of service to the State of Alaska and has received his 30 year pin to prove it! Congratulations, Brian, and thank you for all you do for the Home.



## **Baby Updates:**



Edna Nicolo is back to work from maternity leave and baby, James Vidad, is doing well. He's grown to a healthy 9.5 lbs at almost 13 weeks old.



Rocel and Michael's baby, Michaela, is growing like a weed. She is 17 lbs at about 22 weeks old.





## Potluck & Costume Show

Bring finger foods  
& wear a fun costume to model!

Tuesday, October 31st 2017  
@ 10:30am  
in the Main Lounge



## Movie and Popcorn

The theme for the day will be a  
Halloween movie of your choice!

@ 1:30pm in  
the Main  
Lounge



## *Welcome Ruth Finsley*

Ruth was born in Havre, Montana on February 26, 1924 to William James and Florence Etta Gradolf. Ruth had five siblings while growing up: Ralph, Harold, Art, Leon and Marg. All of her siblings are now deceased. Ruth was raised in Montana, Missouri and Oregon. In April 1944 Ruth married Fred Finsley and together they raised two daughters, Jean and Kathy. The family moved to Alaska in 1960. Ruth has enjoyed her life as a wife and a mother as well as a cook in logging camps and at Sheldon Jackson College. Ruth retired from work in 1989 and her husband passed away in 2000. Ruth has traveled throughout the United States as well as to Mexico, Hawaii, Australia and Portugal! Ruth has five grandchildren and ten great-grandchildren. Ruth enjoys playing cards, especially Skip-Bo, and BINGO. She likes to listen to "Big Band" music. Ruth loves to share stories about fishing and her life in the logging camps.

*We welcome Ruth  
to Ocean View Neighborhood  
and the Sitka Pioneer Home!*





## *National Assisted Living Week 'Family is Forever'*



### *Monday—SPH Family Tree*

A painted tree was given handprint leaves by residents, staff, family, friends and volunteers.

### *Tuesday—Movie & Popcorn 'Family Favorite'*

'Cheaper by the Dozen' with Steve Martin was a huge hit!

### *Wednesday—Childhood Photo Game*

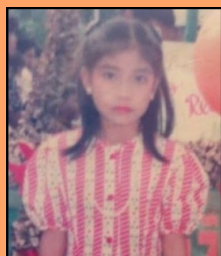
12 residents and 12 staff submitted photographs for the contest.

The ballots were available until Friday then the winners were announced.

Some of the residents: Joe R, John S, Lee S, Jean R, Galen I, and Winifred B



And some of the staff: Angie A, Marievic R, Joe P, Ian F, Grace R, and Peter K



### *Thursday—Favorite Family Vacations Storytelling*

Many stories were shared and it was realized that there are many ways to have a family vacation, but as long as the family is together there is opportunity for adventure and excitement.

### *Friday—Relaxation Day*

Residents and staff gathered for paraffin wax hand therapy treatments, massage and a calming environment with soft music and aroma therapy.

That said, there were plenty of fun

moments as folks got used to the idea of giving each other 'treatments.'





**The SPH Gift Shop volunteers have done it again! The shop was well stocked and manned throughout the summer despite the challenge of the construction project happening right outside their window. They kept their smiles and good cheer so thank you, all, for another successful summer season. Our shopkeepers this season were: Fredi, Galen, Betty, Robin, Linda, Faye, Nancy, and Paula. Thank you for your efforts in organizing the shop and selling items! Our ceramics program has been kept in business by Kathryn, who runs the Mud Room side of things, with Fredi, Faye, Nancy, Leslie, and Donna helping in the sanding and glazing department. Marge, Faye, Helen and Renee are each so faithful and dedicated to bringing their wonderful homemade items for the shop. Helen keeps up as the trusty resident council accountant. Also, of great importance, is Galen's duty of mixing the mud daily, which he has taken on happily for three years now! Last, but not least, Leslie puts our gift shop signs out and brings them in each day the shop is open, thank you, Leslie! You are all so amazing and dedicated, thank you!**

**Shelley McLaughlin-True spent some time helping out with the Relaxation Day event. Thank you for continuing to support the Pioneers' Home and the residents.**

**Julia Tawney and Claire Sanchez have been heading off the connection with 4H and Sitka Pioneer Home. We are always looking for ways to build relationships with local youth and we have enjoyed our weekly visits from the 4Hers. As we get to know each other better we have begun to really look forward to seeing everyone. Thank you, Julia and Claire, for helping keep the connection strong!**



**Robert Fleitz piano talent was music to our ears this month. He came to Sitka as part of the Summer Fine Arts Camp and blew us away with his skillful playing. He lives in New York and has been playing the piano since he was 4 years old...about 20 years! His experience shows! Thank you, Robert, for spending time in the Home to share your music with us.**



## Sunday Piano Concerts are Back!

Sundays at 12:45pm

High School students Brooklyn Sudnikovich-Eddy and Sable Zellhuber started coming in to play the piano for us in September. They are filling in for Misha and Connor while they are away at college (except when one of them is busy getting their picture in the paper...Sable is on the left). Please thank them for coming in when you see them!



Sitka's Sable Zellhuber (685) and Ayla McNeiley (683) run by Braves' Laura Ekada (616) on the Indian River Bridge during the Sitka Invitational on Saturday in Sitka National Historical Park. (Sentinel photo)

## Meet the Director!

Amanda Lofgren came to Sitka this month and spent a couple days getting to know the staff and residents of the Home. She even got to meet Peter's Great Danes! We are so glad to have had the opportunity to meet her in person.



## New Desk

Fredi proudly displays the new desk in the gift shop. There have been a few organizational adjustments over the summer and this has given the new desk a spot. The cashiers and patrons are pleased!



## Natural History Films

Park Rangers have been bringing a Natural History film to show each month. Last month was eagles. In October, with all the Alaska Day festivities we have decided to have the next showing on Nov. 15th.







When you're three and get to come to work with Mom (who happens to be the Activity Director), you get to make new friends, learn new games, and share a lot of smiles! Thank you, Jesslyn, for a day well spent!



**Mt. Edgecombe Preschool**  
The kids are back to preschool next door and we couldn't be happier!

## Homemade Ice Cream

Sometimes the Fire Chief stops in for a minute and sometimes he decides to stay and help make ice cream! Thank you to Chief Miller, Martha and Michael for your muscles and determination to mix that cream!



## Special Delivery!

Lydia came by as the mail was being sorted so she spent some time bringing a smile to a few faces.

Our Eden Alternative journey focus for Oct, Nov, and Dec...

**Principle Eight:** *An Elder-centered community honors its Elders by de-emphasizing top-down bureaucratic authority, seeking instead to place the maximum possible decision-making authority into the hands of the Elders or into the hands of those closest to them.*

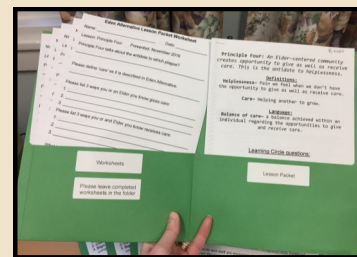
**The Eden Lesson Packets are in the green folders on each neighborhood!**

Prioritize your ongoing Eden education.

Any questions? Ask Skye!

The packets will be available until Nov. 3rd.

Pick up a worksheet, fill it out, and turn it in.



## Meetings:

Residents:	Wednesday, Oct. 11th @ 1:00pm
Certified Eden Associate:	Friday, Oct. 6th @ 10:00am <i>and</i> Friday, Oct. 27th @ 10:00am

## Home-wide Eden Neighborhood Team Meeting:

Friday, Oct. 6th 2017 @ 1:30pm in the Main Lounge

Agenda: Introduce Principle 8.

**\*Remember to look to the Certified Eden Associates for support:**

Dayna Arnold, CEE, Skye Workman, CEE, Saori Handy, Katy Rouse, Chris Davison,  
Dolores Doggett, Patty Ady, Pat Kehoe-Pendell, Shari Carroll, Lisa Partido,  
Minda Manuel, Brian Weddel, & Fredi Young





## Healthcare Food Service Workers Week

October 2nd-7th 2017

*This year's theme is "Adding Flavor to Life." This week is set aside annually to honor healthcare food and nutrition professionals and recognize the integral role they have played in helping employees and residents stay well-nourished and healthy.*

**Sitka Pioneer Home residents and staff are invited to honor Food Services Crew this month.**



## Alaska Day Tea Party



Preparations are underway for the annual Alaska Day Tea hosted by the Sitka Pioneer Home. On Wednesday, October 18th, we will open our home to the community, inviting all in for coffee, tea, punch, and cookies. As always, there will be a variety of great entertainment.

**The tea will be from 2:00pm to 4:00pm  
in the Main Lounge & Gold Miner Diner.**

Dresses, aprons and other costume items that are available on loan to dress up for the occasion. We always hope residents will help serve refreshments and greet guests. Your presence is what makes the occasion special! See Skye if you would like to help!

*Please see Betty DeCicco if you would like to purchase an Alaska Day pin.*



## **Resident Meeting Agenda *Wednesday, Sept. 6th 2017 @ 1:00pm* (Main Lounge)**

**Attending:** Martha H, Anna W, Donna G, Dottie K, Fredi Y, Mary M, Galen I, Betty D, Brenda B, Lee S, Ruth F, Dayna A, Administrator, and Skye W, RTI.

### **Food Forum:**

Greg was unable to attend. A few king salmon were donated by Fish and Game. Attendees are still looking forward to scrambled eggs with some veggies in it. An attendee would prefer less offerings of the turkey tetrazzini meal.

### **Old Business:**

—Resident Account Update:

- Resident copy machine waiting to be set up in Rec. Kitchen
- Rec. Kitchen Supplies including a Kitchen Aid stand mixer have arrived and have been labelled and put into Rec. Kitchen cabinets.
- Gift certificates for volunteer musicians have been handed out.

### **Agenda Items:**

- Upcoming events: National Assisted Living Week (events each day), CEA training (9 students will attend), MEPS visits (Mondays at 10:45am and Thursdays at 1:30pm),
- Reminder: Eden Lesson Packets due Friday Oct. 6th.
- Eden update: Principle 8 will be introduced next month.
- New resident: Ruth Finsley of Sitka.

### **New Business:**

No new business.

### **Administrator's update:**

Amanda Lofgren will be here Sept. 13th and 14th. Dayna will be heading to Anchorage later in Sept for meetings with the administrators. A suggestion box was put up in the Main Lounge near the Gold Miner Diner and it is ready for use. Please submit any suggestions you have for the Home in the box and it will be checked intermittently.

**Respectfully submitted, Skye Workman, Recreation Therapist I**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> <b>10:00am</b> <b>Exercise w/ Mark</b> 12:45pm Plano Gals 3:00 Paris of the Pacific	<b>2</b> 8:00am Visits 10:45am Circle Time <b>11:00am Exercise</b> 1:30pm Bingo 2:30pm Bonnie	<b>3</b> 9:30am Ceramics <b>1:00pm Strong &amp; Steady</b> <b>5:30pm Folk Music</b> (Activities staff training today)	<b>4</b> 8:00am Visits 10:30am Protestant Service <b>11:15am Gospel Music</b> 2:30pm Bingo: RHouse 6:00pm Draw / Paint	<b>5</b> 8:00am Visits <b>9:00am Shopping</b> 9:30am Storytelling 10:00 Biblical Fun <b>1:00pm Strong &amp; Steady</b> (no Circle Time today) <b>5:30pm Golden Oldies</b>	<b>6</b> 8:00am Visits 10:00am Eden Associates Meeting <b>11:00am Exercise</b> <b>11:15am Old Favorites</b> 1:30pm Eden Gathering	<b>7</b> 9:00am Visits 9:30am Catholic Service 10:00am Debby's <b>Violin Class</b> 1:30pm Sling or Social
<b>8</b> <b>10:00am</b> <b>Exercise w/ Mark</b> 12:45pm Plano Gals	<b>9</b> 8:00am Visits 10:45am Circle Time <b>11:00am Exercise</b> 1:30pm Bingo 2:30pm Bonnie 6:00pm Knitting	<b>10</b> 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics <b>1:00pm Strong &amp; Steady</b> 1:30pm Movie & Popcorn <b>5:30pm Folk Music</b>	<b>11</b> 8:00am Visits 10:30am Protestant Service <b>11:15am Gospel Music</b> 1:00pm Resident Mtg 2:30pm Bingo: RHouse <b>5:30pm Music</b> 6:00pm Draw / Paint	<b>12</b> 8:00am Visits <b>9:00am Shopping</b> 9:30am Storytelling 10:00 Biblical Fun <b>1:00pm Strong &amp; Steady</b> 1:30pm Circle Time <b>5:30pm Golden Oldies</b>	<b>13</b> 8:00am Visits <b>11:00am Exercise</b> <b>11:15am Old Favorites</b> 1:30pm Outing/Games	<b>14</b> 9:30am Catholic Service 10:00am Debby's <b>Violin Class</b> 1:30pm Ice Cream Social 
<b>15</b> <b>10:00am</b> <b>Exercise w/ Mark</b> 12:45pm Plano Gals	<b>16</b> 8:00am Visits 10:45am Circle Time <b>11:00am Exercise</b> 1:30pm Bingo 2:30pm Bonnie 6:00pm Knitting	<b>17</b> 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics <b>1:00pm Strong &amp; Steady</b> 1:30pm Movie & Popcorn <b>5:30pm Folk Music</b>	<b>18</b> 10:30am Protestant Service 2:00pm-4:00pm Alaska Day Tea 	<b>19</b> 8:00am Visits <b>9:00am Shopping</b> 9:30am Storytelling 10:00 Biblical Fun <b>1:00pm Strong &amp; Steady</b> 1:30pm Circle Time <b>5:30pm Golden Oldies</b>	<b>20</b> 8:00am Visits <b>11:00am Exercise</b> <b>11:15am Old Favorites</b> 1:30pm Outing/Games	<b>21</b> 9:00am Visits 9:30am Catholic Service 10:00am Debby's <b>Violin Class</b> 1:30pm Singspiration
<b>22</b> <b>10:00am</b> <b>Exercise w/ Mark</b> 12:45pm Plano Gals	<b>23</b> 8:00am Visits 10:45am Circle Time <b>11:00am Exercise</b> 1:30pm Bingo 2:30pm Bonnie 6:00pm Knitting	<b>24</b> 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics <b>1:00pm Strong &amp; Steady</b> 1:30pm Movie & Popcorn <b>5:30pm Folk Music</b>	<b>25</b> 8:00am Visits 10:30am Protestant Service <b>11:15am Gospel Music</b> 1:30pm Bingo: RHouse <b>5:30pm Music</b> 6:00pm Draw / Paint	<b>26</b> 8:00am Visits <b>9:00am Shopping</b> 9:30am Storytelling 10:00 Biblical Fun <b>1:00pm Strong &amp; Steady</b> 1:30pm Circle Time <b>5:30pm Golden Oldies</b>	<b>27</b> 8:00am Visits 10:00am Eden Associates Meeting <b>11:00am Exercise</b> <b>11:15am Old Favorites</b> 1:30pm Outing/Games 1:30pm Howe	<b>28</b> 9:00am Visits 9:30am Catholic Service 10:00am Debby's <b>Violin Class</b> 1:30pm Rotary Pumpkin Carving
<b>29</b> <b>10:00am</b> <b>Exercise w/ Mark</b> 12:45pm Plano Gals	<b>30</b> 8:00am Visits 10:45am Circle Time <b>11:00am Exercise</b> 1:30pm Bingo 2:30pm Bonnie 6:00pm Knitting	<b>31</b> 8:00am Visits 9:30am Nail Care w/Rolly 9:30am Ceramics 10:30am Halloween Potluck and Costume Show <b>1:00pm Strong &amp; Steady</b> 1:30pm Movie & Popcorn <b>5:30pm Folk Music</b>				<b>Flower:</b> <b>Calendula</b> <b>Birthstone:</b> <b>Opal</b> 

\*Please feel free to contact the Activities Department if you would like a copy of our calendar!\*

Note: Activities are subject to change